iHealth

COVID-19 Test

C T

15 mins

3 Drops

iHealth

COVID-19 Test

C T

15 mins

3 Drops


Joyride PIZZA

City and County of San Francisco
San Francisco Public Works
Bureau of Street Use and Mapping
49 South Can Ness Avenue, 3rd Floor
San Francisco, CA 94103

SAN FRANCISCO PUBLIC WORKS

NOTICE OF VIOLATION AND ABATEMENT ORDER

NOTICE TO REPAIR and/or IMPROVE PROPERTY WITHIN FIFTEEN (15) DAYS
OR FACE ABATEMENT ACTION BY CITY

To: Lee Wai Man
3519 Broderick St
San Francisco, CA 94123

Date: 2/16/2021

Block: 1424019
Lot: 0820 - 0826

Service Request # 2496457

YOU ARE HEREBY NOTIFIED forthwith to repair, reconstruct, and/or improve the property located at:

(ADDRESS/LOCATION) 820 Clement St.

Of which you are the owner, agent, tenant, or occupant. See below for a detailed description of the property violation and condition(s) requiring abatement. The work (including materials) required for the repair, reconstruction, or improvement identified in this notice and abatement order must conform to San Francisco Building Code requirements.

YOU ARE FURTHER NOTIFIED that you have **FIFTEEN DAYS** from the date of this notice of violation and abatement order to commence abatement of the condition(s) described herein. Upon commencement of the work, you must diligently and without interruption pursue the requisite abatement to completion.

Pursuant to Section 80.5 of the San Francisco Administrative Code, any person having any record title or legal interest in the building as described in Section 80.5(e) may request – within 15 calendar days of the date of this notice – a hearing before a neutral hearing officer to protest this notice or order of any action taken or required to be taken. Failure to file a written protest or to appear at such hearing will constitute a failure to exhaust administrative remedies. If you request a hearing and the notice of violation is upheld, you may be liable for all hearing-related costs. Requests for administrative hearings should be made by contacting the San Francisco Public Works Bureau of Street Use and Mapping at:

49 South Can Ness Avenue, 3rd Floor
San Francisco, CA 94103

Alternatively, you may request an extension of up to 15 additional days (for a total of 30 days) within which to abate the condition(s) described herein, but such extension does not extend the 15-day period for requesting a hearing. Requests for extensions should be made by contacting the San Francisco Public Works' Private Graffiti Unit at (415) 641-2341.

YOU ARE FURTHER NOTIFIED that, under Section 80.4 of the San Francisco Administrative Code, if you fail to comply with this notice and abatement order within the time specified herein (or in the time specified by a hearing officer in an appeal hearing under Section 80.5(g)), the Director may take action to enter the property and abate the violation at your expense. If the City must abate the condition(s) described herein, you may be liable for: (a) the greater of $400 or the actual costs incurred by the City (including enforcement costs and attorneys fees) to abate the condition described herein, (b) administrative penalties up to $1,000, and (c) additional enforcement action by the City Attorney. Failure to pay City abatement costs and/or administrative penalties may result in initiation of lien proceedings against the property.

THE CONDITION(S) IDENTIFIED BELOW ARE REQUIRED TO BE REPAIRED:

- ☑ Graffiti
- ☐ Equipment Stored Adjacent to Sidewalk
- ☐ Broken Building Windows
- ☐ Grass or Weeds on Sidewalk / Private Property
- ☐ Temporary Plywood
- ☐ Litter or Accumulated Debris
- ☐ Damaged / Deteriorated Awning
- ☐ Exterior Paint Deteriorated

Posted By: Don D.

Remarks: Front of building

Please present a copy of this Notice to the permit agency when applying for any necessary permits.

Bsmpermitdivision@sfdpw.org
dbicustomerservice@sfgov.org

Central Permit Bureau, 49 South Van Ness Avenue, San Francisco, CA 94103, (628) 652-3240


Me, Frida
BY
Amy Novesky
ILLUSTRATED BY
David Diaz
Winner of the Caldecott Medal
SFMOMA




SAN FRANCISCO


ORGANIC BREWERY
SAN FRANCISCO
SF


BREWERY
SAN FRANCISCO
SF








1-23711328-0-072-41722700-3A2B4-9-4
U.S.A. NATIONAL
DEFENSE
PAN-AMERICAN
UNION PLANS


ORGANIC BREWERY
what country
preserve its
rulers
that from
the
take the sword
few lives last?
OF LIBERTY
REFRESHED
TO TIME WITH
THE BLOOD
OF PATRIOTS
AND TYRANTS
Thomas Jefferson










45


Boonville 27
Mendocino 68
Fort Bragg 79


AIRCHIVE
TOYOTA
14125 HWY 128




22-5004
31649F3


Quechua












CAMP
NAVARRO


TANAKA-YA


CAMP
NAVARRO


KOMA




nt
off to somewhere
all the time.




nt
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MARINES






THE MANDALORIAN





AGUS
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patagonia
AMERICA
Online


IRA




CAMP
NAVARRO


CAMP
NAVARRO
Stages




Be Water Way Station


Be Water Way Station




Gold Cup


California
www.calf

WALLACE J. NICHOLS

BLUE MIND

The Surprising Science That Shows

How Being Near, In, On, or Under Water


Moonlight
O8-BAA-900
THE NARROW ROAD TO THE DEEP NORTH
RICHARD FLANAGAN
W7-BDU-859
KHALED HOSSEINI
THE KITE RUNNER
P5-AIF-692
ALL THE LIGHT WE CANNOT SEE
O8-CTO-956
CLOUD CUCKOO LAND
WELCOME TO THE
OPEN SOURCE LIBRARY
milk and honey
rupi kaur
Jonathan Livingston Seagull
Richard Bach
THE COLLECTED POE
EMILY DICKINSO
O8-AYN-871
O8-CXP-775
Maya Angelou
The Alchemist
25th ANNIVERSARY EDITION
PAULO COELHO
O8-CJO-284
SONG OF SOLOMON
Toni Morr
O8-CLW-052
TOM ROBBINS
EVEN COWGIRLS GE
O8-CTH-909
A-S7800
ATARI


TAO TE CHING
Memories, Dreams, Reflections
Black Elk Speaks
Neihardt & Black
TOM ROBBINS
JITTERBUG
Vuong On Earth
BLACK ELK SPEAKS
as told through
John G. Neihardt
(Flaming Rainbow)
by Nicholas Black Elk
EVERGREEN BOOKS
ANTOINE DE SAINT-EXUPÉRY
The Little Prince
A NEW TRANSLATION OF THE BELOVED CLASSIC WITH RESTORED ORIGINAL ART


THE LANGUAGE INSTINCT
HOW THE MIND CREATES LANGUAGE
STEVEN PINKER
O8-CKG-787
PS MODERN CLASSICS
The Overstory
Richard Powers
O8-CIR-955
NORTON
YOUR BODY'S MANY CRIES FOR WATER
BLUE MIND
The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do
WALLACE J. NICHOLS
LB
This Is Your Brain on Music
Daniel J.
O8-CCX-910
BRUCE LEE
ARTIST OF LIFE
PEER-TO-PEER
Harnessing the Power of Disruptive Technologies
O'REILLY
LITTLE BROTHER
CORY DOCTOROW
TOR
P.S.
INFINITE REALITY
The Hidden Blueprint of Our Virtual Lives
JIM BLASCOVICH
JEREMY BAILENSON
Lurking
Joanne McNeil
SUBPRIME ATTENTION CRISIS
TIM HWANG
FSGO / LOGIC
adrienne maree brown
PLEASURE ACTIVISM
The Politics of Feeling Good
AK PRESS
EMERGENT STRATEGY
AK PRESS
Winnie-the-Pooh on Management
THE HOUSE THAT RACE BUILT
T2-DGG-976
SOPHOCLES
The Three Theban Plays
LOVE THAT DOG
Life of Pi


RP • Roku TV
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CLASS
SHARP • Ro
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4K UHD
4K
HBO NOW




Gold Cup




Be Water Way Station


Gold Cup
PAPER





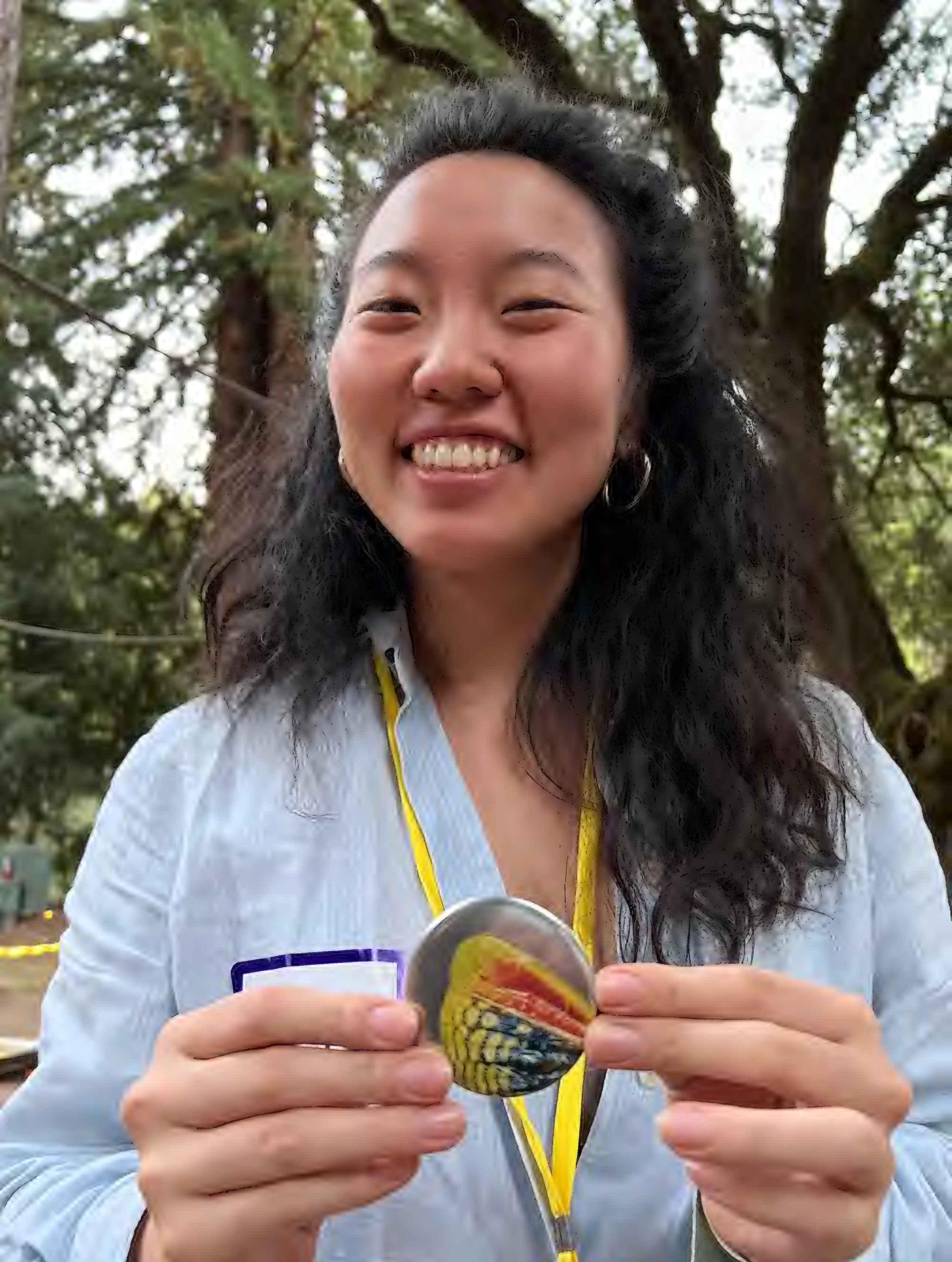





dweb
mesh




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She/Her




PRESS


ELMER'S
Glue Stick


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#bluemind
COVID-19 Ag
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RASSIC PA


E IT
NATIONAL GEOGRAPHIC
82 Swimming With Tigers
100 Juárez Returns to Life
58 Plundering the Past
30 Peru's World Apart
118 Proof | The Art of Solar Energy
On the Cover
Corrections and Clarifications
OFFICIAL JOURNAL OF THE NATIONAL GEOGRAPHIC
L-NEW RAV4 HYBRID


WALK THE WORLD


SEARCH




Ohnegahde:gy












DWeb
Principles
These define the values of a decentralized web based on enabling agency of all people — the basis for behavioral norms and mutual accountability to bring about a more just and equitable world.
These stand alongside other sets of principles that share or expand upon these values, and originate from those involved with and convened by the Internet Archive's work on the decentralized web. This is a summarized version of the principles.
01.
Technology for human agency
02.
Distributed benefits


INTERNET ARCHIVE
GITCOIN
IPFS
JOLOCOM
STORJ
Welcome
to DWeb Camp!




special thanks to our sponsors
Filecoin Foundation
Mask

Come Ready to Grow

We can and must re-imagine and co-create a more just and sustainable world - both online and off. We recognize that our shared futures require multiple, diverse imaginations and experiences.

So be open to the unknown and welcome unfamiliar ideas. Abandon preconceptions and allow events to change you.

We all come from different contexts. Assume good intentions while asking and receiving questions.









"welcome to the open library,

Nor grieve dear heart,
nor fear the seeming.
Here is waking in the dreaming.

we wake sweet beings

wtell me about your latest read
wh Mshhurt and whos bleeding
tell me about your casting
in the cafe of yesterday
pr aying for unravel ytruth.

·]

This cam

ROYAL


TAMALPAIS TRAILS
FOURTH EDITION
BLACK ELK SPEAKS
"elcome to the open library,
Wer grieve deer heirt,
nor fear the seeming.
There is waking in the dreiming.
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tell me about your casting
in the cafe of yesterday
praying for unravel ytruth.
Relax...
ROYAL
BILLION TE

wwwll me about your latest read
wh hurt and whos bleeding
tell me about your casting
in the cafe of yesterday
praying for unravel ytruth.

il

This camp is cool



Take Action with
Public Know

Squash
Summ
Tromb

Pepper - Sweet- Emeral
Giant Pepper 77d

FREE
SEEDS!

FREE
SEEDS!

AN AI PATTERN
Languagc

M.C. Elish and Tim Hwang

PUTTING
DEMOCRACY
TO WORK

A Practical Guide for
Starting and Managing
Worker-Owned
Businesses

T. Adams and

Seal this post-card overnight and
After a few weeks the seeds inside
You will get surprising plants from t
In similar way travels and propagate

kaur

Maya Ang

READERS' ADVISORY

Do you love or recommend a particular book in the library? Tell everyone why on an index card below. We can build a display of the community's favorite books.

"What is essential is invisible to the eyes."
One of the most delightful children's (and adult!) books of all time. — Andy

As someone who lives in Boulder Colorado, Chogyam Trungpa looms large — as revered teacher, founder of Naropa + much more. Read this + be changed!
— CLAIRE

We mourn the loss of David Graeber and his brilliant mind that brought us the masterpiece DEBT, but this illuminating look at human history keeps his legacy alive. -CLAIRE

As we forest bathe among the amazing redwood trees, this is a perfect novel to read about trees and people who understand them. — CLAIRE

ANTOINE DE SAINT-EXUPÉRY
The Little Prince

MEDITATION IN

THE DAWN OF

HISTORY OF

"Monumental . . . A gigantic fable of genuine truths." — HERBERT KINGSOLVER, The New York Times Book Review

WINNER of the PULITZER PRIZE

The Overstory

chard

ers

EXECUTIVE ORDER 9066

ON TYRANNY

TWENTY LES

MAISIE &

Take

Publi

This camp is cool

[illegible] name is Kai

Three leaves, leave them be.







Abbott

CONTROL

SAMPLE

(+)

(–)

BinaxNOW™

COVID-19 Ag

CARD
















oaki







WHAT IF IT TURNED OUT
BETTER THAN YOU
IMAGINED?

OPOLIS DAOSquare
GITCOIN wagmi METACARTEL

METACARTEL VENTURES Chainlink LOGOS
BanklessDAO MetaFactory

Build on the
Pandoras
Nectolabs.io

boxquest

9m bus




#bluemind
TALK TO ME ABOUT WATER
Amelia Winger-Bearskin, DWeb Camp 2022


REC
Margaret Warren


REC
Margaret Warren




SOLMO
Sport
Sunscreen
Lotion
AIRSTREAM
LIBRARY






WELCOME!


CAMP
NAVARRO
Stages


CAMP
NAVARRO
unstructured time
sign-up board
Proof of Burn Fit


salomon


















SOLAR
FAST


Web
Web
Web
D
Web Camp
8.24-28 2022










YOUR FARM BOX
FARMFRESHTOYOU.COM
62 P1
blue
PASSIONFRU
TOYOU.COM


YOUR FARM BOX
FARMFRESHTOYOU.COM


YOUR FARM
LOCAL
ROD


NOUR

Explaining Decentralisation

to [illegible]



from

Feb 2021

1

Dear Bean, 'decentral
sound like a big and
but trust me, it should



The governance of the world that we live in today is very centralised. Centralisation is the concentration of control of an activity or organisation under a single authority. Imagine that in a group of five friends, there is only one who always tells the other four what to do, how to do it, and when to do it.

2

Well, decentralisation is the opposi
of that. In a decentralised world,
everybody can participate in the
process of decision-making and
designing the future in an equal way
Decentralisation comes with
transparency, diversity, and harmony
It enables the coexistence of differ
voices from all the corners of the
globe, no matter what skin colour yo
have or the cultural background wher
you come from. It brings about
autonomy, resilience, and equity in
community. That sounds nice, doesn't
it?



3

An example of decentralisation is our language. Languages are always decentralised, in a logical way. The way Vietnamese is spoken between you and me, is different from that between our parents. There is no one single person who controls or sets rules on how language is created or how it should be used. The decentralisation of our language has contributed a great deal to its beauty and versatility. That's why we have so many great pieces of literature to enjoy.

4

You know, I care about decentralisation a great deal.

And as I am explaining decentralisation to you, I am still learning about it.




5
Like you
everyday I
am trying
my best to
make sense
of the
world, and
I still
haven't
fully
understood
how the
world-orde
r has come
to be.
6
I only hope that through the lens o
decentralisation I will know better
and I'
he same for you.

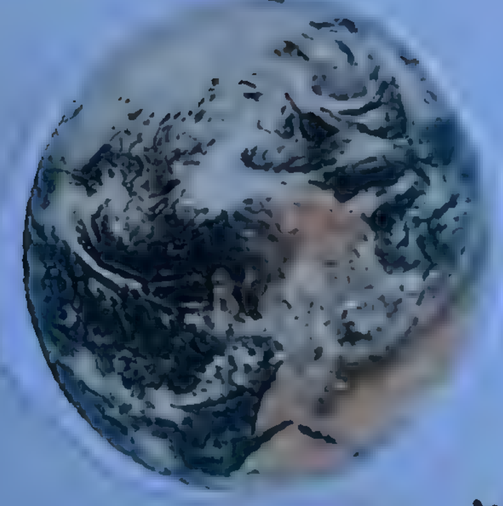
Decentralization

trees
&
whales



Liz Henry Aug 2022

Chopping down one tree doesn't destroy the forest ecosystem

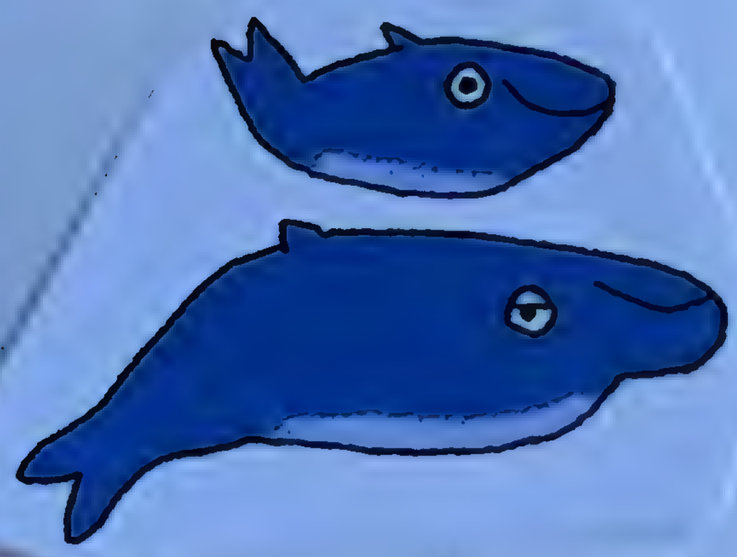


The roots in the forest talk to each other through the soil





There is no center to attack or tower to throw down



a whale sings in all directions in the ocean

Many other whales
hear the message
And pass it ON
Adding their
own
songs

Nowhere
in
The ocean
Has a
name

But the
messages
get where they're
going

In a
decentralized
network
No one point of
authority
gives or
denies
permission
So power structures
are spread out
more widely


Our online world
can be isolating



so many people



so little care

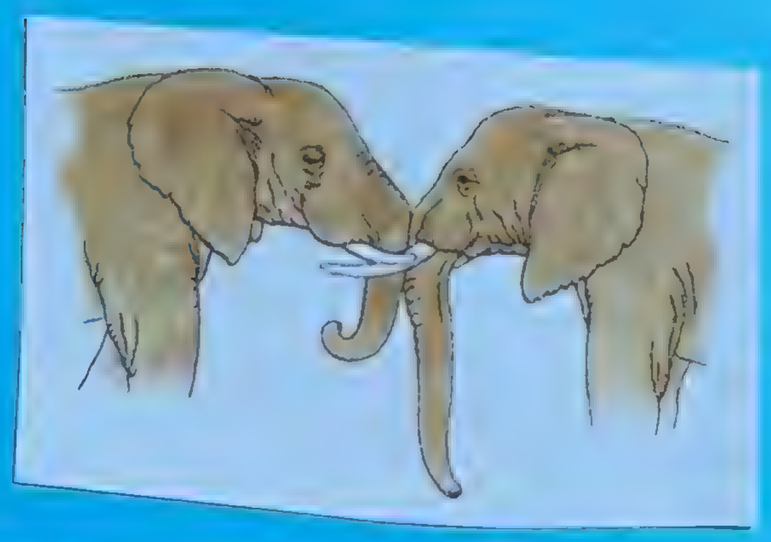
but there

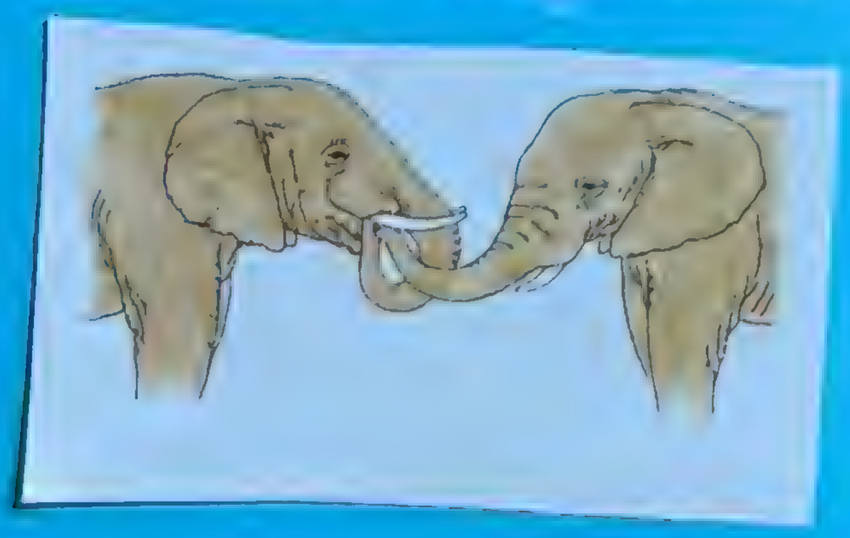
are so many of us

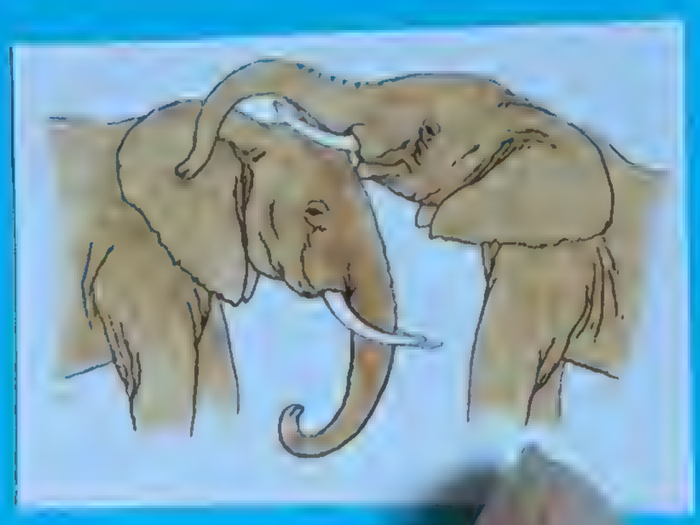
decentralization

is a way we can

begin







to take care

of each other


Hilary Bresman


Scotch
NATIONAL GEOGRAPHIC
DISCOVERING THE FIRST
GALAX



THE
POWER
OF ONE,"

NO
NO

People.

PARTICIPATE

COMMUNITY

VOICE

BE HEARD


ALL”


NATIONAL GEOGRAPHIC
QUI
CHEAPTEST




ARIZONA


STORJ
Paul Undner
ALL-ONE!

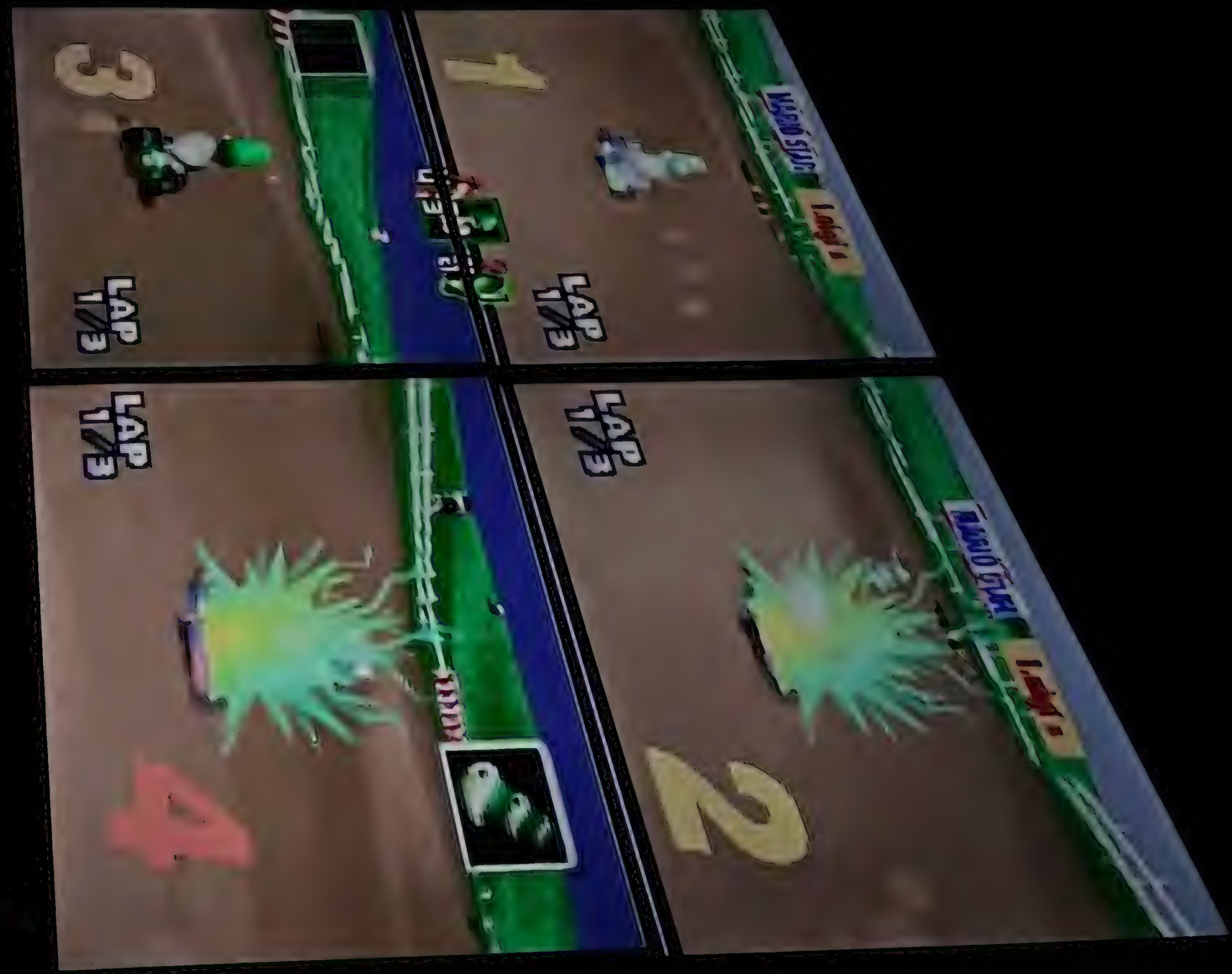





Little Sun




Wasser
Water
Vatten
Vand
Voda
Maji


LAP 1/3
LAP 1/3
LAP 1/3
LAP 1/3








WAKEMAN
OUTDOORS
PO#SIQ-PO06854
FRANÇOIS M






K. K. MARTIN CRAFT CENTER
Be Water Way Station


K. MARTIN CRAFT CENTER
Be Water Way Station


K.K. MARTIN CRAFT CENTER
Be Water Way Station


The Continuous Thread
CELEBRATING OUR INTERWOVEN HISTORIES,







Welcome
to the
Joyous Wedding
of
Iryna Nezhunska
and
Joachim Lohkamp
August 21, 2022





















ROBERT McDONALD MEMORIAL

CAMPFIRE BOWL

CHIEF OF THE FIRE


ROAD


ROAD

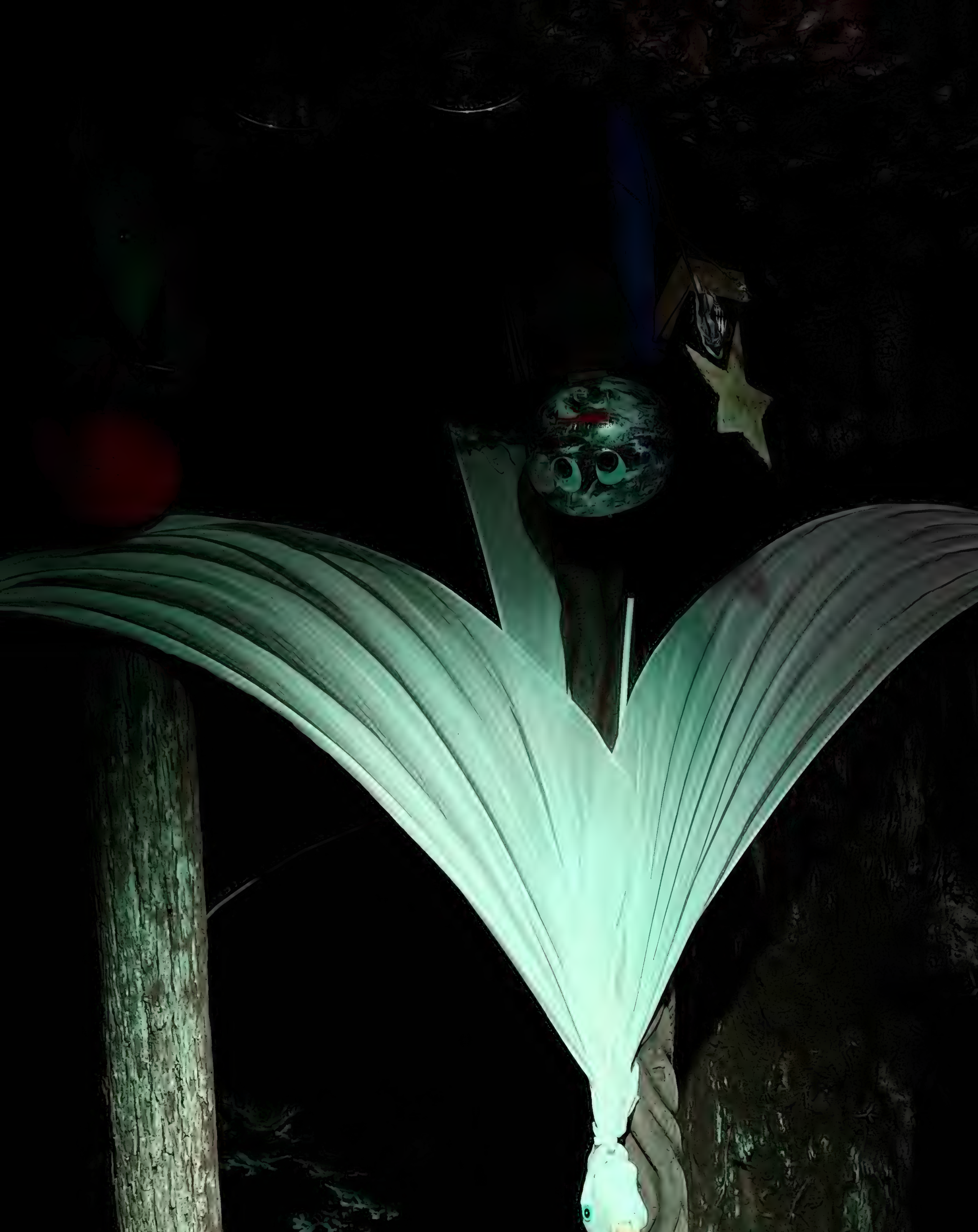

MECRAFT












bluemind














SESV




DEAR OLD CHILD
TALK TO ME ABOUT WATER



AFFECTION IS OUR SPELL


PENSKE
Truck Rental

JOB & SEARCH

find your place

USC Shoah Foundation
Systems Support Analyst
- design & run turn software apps
- blockchain operating principles
- cryptographic key management

benedict@ starlinglab org

Personal TRAINING
Patrick "Patty" Wu
wpat81@gmail.com

HYPHA
- web frontend integration & implementation
- web3 front-end development
- front end web development

WHAT I CAN OFFER: DOCUMENTARY FILMMAKER & EDITOR
NAME : LUISA BAGOTE
CONTACT : LUISAGOTE@GMAIL.COM

LIGHTHOUSE
The open metaverse search engine
Hiring. Devs (duh) but also
- Editorial Lead
- Community Manager
- Social Media Manager
Contact: Anastasia @ anastasia world

EV CHARGING
ALWAYS HIRING

Wanted! FUNRAISER!
Turtles Foundation

DWeb Camp
Garden Stream

BLOOP
Search & index what the community has shared
BLOOP
DEMO GETBLOOP.CO
BLOOP BLOOP
If you could index your favorite urls/resources for any niche topic, what would you index?

JOB SEARCH

Find your Place

WHAT CAN YOU OFFER? :

NAME :

CONTACT :

USC Shoah Foundation

Systems Support Analyst

- design + maintain software apps
- blockchain operating principles
- cryptographic key management

benedict@starlinglab.org

What you can offer: Program management / Community digital rights, USAID projects, bonus: Arabic, Middle East connections

NAME: Mamoun Alassouli

CONTACT: 646-345-1902
mamounalassouli@gmail.com

WHAT CAN YOU OFFER : Policy + Research manager — digital human rights. Let's Chat! :)

NAME : Remy Hellstern

CONTACT : 832-557-1459
remyhellstern@gmail.com

JANASTU COWMESH RESIDENCY

Janastu has open residencies welcoming artists, filmmakers, researchers, technologists, & all those interested in community mapping

Com

If y
you
arou

Personal TRAINING

Patrick : Patty " Wu
wpat81@gmail.com

Business Development / Marketing / Etc.
917-907-1623
noahrobinson.org
noah@falco.ai

I like to make art install
with some tech & some mus
parts & I like curating con
Find me on : shafali@serve

Free tent
1st tent in
Mikow w/
2 mattresses

HYPHA WORKER CO-OP

- DWeb protocol integration & implementation
- Web3 DevOps / SRE
- Front-end web development

↑ if you are any of these email us!
hiring@hypha.coop

WHAT I CAN OFFER : DOCUMENTARY FILMMAKER & EDITOR

NAME : LUISA BAGOPE

CONTACT : LUBAGOPE@GMAIL.COM

the open metaverse search engine

LIGHTHOUSE

Hiring: Devs (duh ;) lol) but also

- Editorial Lead
- Community Manager
- Social Media Manager

Contact: Anastacia @lighthouse.world

WHAT CAN I OFFER
↓
A friend in Bogotá

NAME:
CONTACT:

I KNOW HOW TO DISCOMPLICATE
DISCOMPACT
DISASSEMBLY


hostname
Static IP?
IP assigned
ipv4 name.org
Physical location
bcx
yes
potato


Site
AP 10 233 233 11
AP 10 233 233 13
AP 10 233 233 12


Web Local
IP assigned


adidas

ESH

THE

ANET


crocs
crocs







Tener la conciencia de los efectos adversos de la tecnología en nuestras vidas como mujeres, **familiarizarse con las máquinas poniéndolas al revés**, estudiar la lógica humana detrás de la tecnología. Todo eso nos pareció vital para llevar las riendas de algunas cosas. Es decir, ampliar nuestro alcance y cuidar nuestra seguridad y la de quienes nos rodean. Nuestro objetivo era profundizar más allá de la capa básica del uso común de nuestros móviles.

Inspiradas por Paulo Freire, hemos creado una metodología basada en las particularidades de nuestro ambiente. Según Freire, el objetivo principal de la educación es que el estudiante tenga conciencia de su situación personal, mientras el profesor le guía en su lectura del mundo. En sus reflexiones, el estudiante llega a la escuela con una cultura que no es ni mejor ni peor que la del profesor, lo que hace posible que los dos aprendan juntos, el uno del otro – y para eso **es necesario que las relaciones sean afectivas y horizontales.**

Freire trabajó principalmente con alfabetización de adultos, proponiendo la identificación de palabras-clave, comunes ya existentes en el vocabulario de los estudiantes, y partiendo de ellas como herramientas para desarrollar la escrita y el pensamiento crítico. En nuestro caso, la alfabetización digital. Dicen que el **analfabetismo funcional** es: personas que aunque capaces de descifrar letras, no presentan comprensión de textos sencillos.
El **analfabetismo funcional digital** puede ser: cuando, a pesar del uso diario que hacemos de los dispositivos y sus aplicativos de comunicación, poco sabemos acerca de cómo nuestra información viaja, dónde es creada, y cómo es convertida en mercancía y utilizada contra nosotras mismas, haciéndonos vulnerables a todos tipos de abusos.

En nuestra experiencia, invitar a las mujeres a reunirse alrededor de una temática de discusión tuvo gran acogida, una vez que el hábito de los encuentros estaba muy vivo y presente entre las mujeres de este territorio. Ante esta disposición, propusimos trabajar con círculos de mujeres, para discutir la tecnología. Mas específicamente, generando **conocimiento colectivo a través de círculos de autocuidado digital**. APC nos dio la oportunidad de abordar la cuestión global de la **brecha de género en la tecnología**, en el contexto de nuestra pequeña comunidad.

Los encuentros en círculos ocurrían mensualmente.

Cada uno tendría una temática principal y era dividido en **3 MOMENTOS.**

NÓS POR NÓS

Luisa Bagope
Marcela Guerra



RHW


Courage
Diversity





Just living is not enough.
One must have sunshine,
freedom, and a little flower.
—Hans Christian Andersen


ARCHIVE

MENDOCINO
COUNTY
U.S.A.
FIND YOUR HAPPY!

Welcome to Mendocino County. Our community and its visitors are dependent on a very limited water supply.

PLEASE HELP US SAVE WATER

- Keep your showers short.
- Shut off faucets while shaving or brushing your teeth.
- Don't use the toilet as a waste basket or flush unnecessarily.
- Laundering of towels and linens is limited.
- Inform management if you notice or suspect any water leaks.

THANK YOU FOR HELPING US CONSERVE THIS PRECIOUS RESOURCE

LOVE EVERY DROP!






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FIRE
EXTINGUISHER
Sysco








COLOSSAL










BUD LIGHT




















Gold Cup
REDWOOD TREE PLANTING SOIL + SEEDS
FARMFRESHTOYOU.COM
REUSE & RECYCLE.
Will pick up your empty box Please flatten!
MARKERS PASTELS CHALK
FARMFRESHTOYOU.COM


INTERNET 3.0
ARCHIVE
20
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FEB California 2023
8Y09825
U-HAUL




Sysco
WHOLESOME
Butter
1 FIRST QUALITY 1
1/4 CUP
1/3 CUP
1/2 CUP
1 TBSP 2 TBSP 3 TBSP 4 TBSP 5 TBSP 6 TBSP 7 TBSP 8 TBSP
Since 1916
CLOVER
SONOMA
SALTED BUTTER


NAVARRO-NOYO
HISTORICAL TRAIL
EST. 1950S
REOPENED 1984
TROOP 74
PETALUMA


30
1940A
12132P2















GROWING TOGETHER

INTERGENERA
ARTS FEST
SUNDAY APRIL 2
11AM - 2:30

OPTICAL DAY
MONDAY September 19, 20
1031 Franklin St

PROJECT HOMELESS CONNECT
RICHMOND OFF-SITE
11:00 AM - 2:00 PM
HYGIENE KITS
SLEEPING BAGS
BACKPACKS
PHONE CHARGERS
PROBLEM SOLVING
DMV ID VOUCHERS
HAIRCUT VOUCHERS
READING GLASSES
MAIL SERVICES
AND MORE!

November 8, 2022
Consolidated General Election
MAKE A PLAN TO VOTE.
ONE AND ALL!
Voter Registration
Need to register to vote or update your registration? Go to registertovote.ca.gov or contact us for a paper registration form.
Not sure if you are registered to vote in San Francisco or if your information is up to date? Check at voterstatus.sos.ca.gov.

2022年11月8日
聯合普選
VOTE
選民登記

CANDIES

We Are Back!!

GET INVOLVED WITH YOUR COMMUNITY @1RICHMOND


We're that
good in bed
and now in
San Francisco.
BODIE
ON DOWN!
JOE RUSSO'S ALMOST DEAD
FROST AMPHITHEATER
AUG. 13
NORA EN PURE
FRANK OGAWA PLAZA
AUG. 13
MY MORNING JACKET
FROST AMPHITHEATER
AUG. 14
HOODIE ALLEN
THE NEW PARISH
AUG. 15
SICKICK
THE REGENCY BALLROOM
AUG. 20
KID CUDI
OAKLAND ARENA
AUG. 21
REMI WOLF
THE WARFIELD
SEP. 14-15
TWO FEET
THE REGENCY BALLROOM
SEP. 16
DANNY ELFMAN
FROST AMPHITHEATER
SEP. 16
THE AVALANCHES
THE WARFIELD
SEP. 21
CANNONS
THE WARFIELD
SEP. 22
BILLY STRINGS
FROST AMPHITHEATER
SEP. 30


GOLDEN VOICE

745

保強贤棣
发生做妙法
每練太極拳

Ben Lo

鄭子太極拳十三勢

TAI CHI CHUAN

BASIC FUNDAMENTALS to remember while practicing the Tai Chi movements:

1. Stand quietly a few moments before beginning. Relax your entire body and calm your mind. Strive to stop the constant flow of internal dialogue.

2. Concentrate your mind in the direction of movement. The mind leads, and the body follows in its natural order.

3. Movement continues to flow without stopping in a slow even tempo from posture to posture. Both hands are in motion at all times. All movements are circular.

4. Use your waist as an axis and imagine your arms as the spokes of a wheel. To turn the waist is to turn the shoulders; they are connected and one cannot be turned without the other.

5. Drop and relax your shoulders, do not raise and lower them. Elbows are always lower than the hands if the hands are above the waist. Drop your elbows, this will help you to relax your shoulders.

6. Keep the posture low and at an even height. The back knee is always bent.

7. Arms must be relaxed and round. Keep arms in front of and away from the body. The arm never touches the chest.

8. Back remains straight. On forward movements the front knee goes no further than the front toe.

9. When you step, step in a "channel". Step lightly and balanced in the way of the cat. The leading foot points the direction of movement, back foot points approximately sixty-five degrees away from the direction of the leading foot. Step forward with the heel first, step backwards with the toe first.

鄭子太極拳十三篇

吳啟恒題



TAI CHI CHUAN

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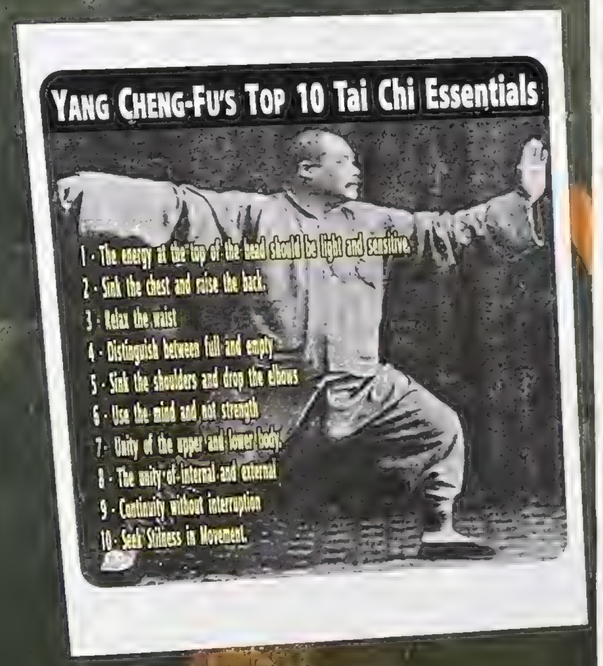
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鄭

鄭





第九十節

轉身擺蓮



由前勢。設又有敵人。自我身後用右手打來。前後應敵於萬急時。我即將右脚就原地。向右後方懸起左脚隨身旋轉。同時以兩手及左腿用旋風勢。以手脚向敵上下部刮去。復轉至原位時。緊將敵右肘腕粘住。隨繞敵之腕裏。往左用攬帶捌抽回。急用右脚背向敵胸脅部。用橫勁踢去。脚過似疾風擺蓮葉。所謂柔腰百折若無骨。撒去滿身都是手。此功之奧妙。非淺學者所可須臾也。


4 B
5 A
5 B
Masks Required For All
Face Coverings Required To Enter This Facility
MASKS STILL REQUIRED IN THIS STORE
APPLES
Passion Fruit
1068
2.99
百香果
Driscoll's
Strawberry
BLACKBERRIES
3.99
黑莓

714

NOPE

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SATURDAY, SEPTEMBER 24, 2022

REAL NEATO

FLEETWOOD THURSDAY 25 FEB 22 NOT FOR SALE

THE F*CK IT ALL PEN SET

FUCK THAT

FUCK THIS

FUCK IT

FUCK ME

FUCK YOU

ST DREAMS

GIRL

PRINT'S NOT DEAD

SAN FRANCISCO

Take me to the River

CROSS STITCH KIT

The STRANDED Stitch

SALE

VARIETY

PAINTING

WAYMO

Hi Richmond



I'm Waymo. An autonomous driving technology company on a mission to make it safe and easy for people and things to get where they're going.

I'm designing a service with communities like yours at heart. Bringing a new mobility option and making the frustrations and dangers of driving a thing of the past.

Come meet me at your local events, and learn more about my mission at waymo.com/sf.

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Full size

Now $349.99

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Comfort: Soft, Medium or Firm

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TEL: 387-8988
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布斐餐會
銀興市場 YI XING FOOD CO.
415-597-6235
SF Smiles Dental

RICHMOND REPUBLIC DRAUGHT HOUSE

SF Chronicle

25 DISHES IN THE BAY AREA THAT YOU MUST EAT IN 2020

"Popeye" what? In this kingly take on the fried chicken sandwich, well seasoned and tender fried breast meat is accompanied by a lightly dressed coleslaw, crisp cucumber pickles and chipotle mayonnaise, with the whole package impaled by a steak knife. It's the perfect accompaniment to beer, which this particular establishment has plenty of

RICHMOND REPUBLIC DRAUGHT

Richmond Republic's

Parklet Pig Roast

Sandwich or Taco plate $12

- Next carving -

9/10 5pm Saturday

Richmond Republic's

CORNHOLE

In the Parklet

Free - Every Sunday 12-5pm

Doggy Social

First Saturday of the Month

1pm - Sunset

We're fencing in the parklet so no leashes necessary!

Republic Draught House

RED A BAKERY

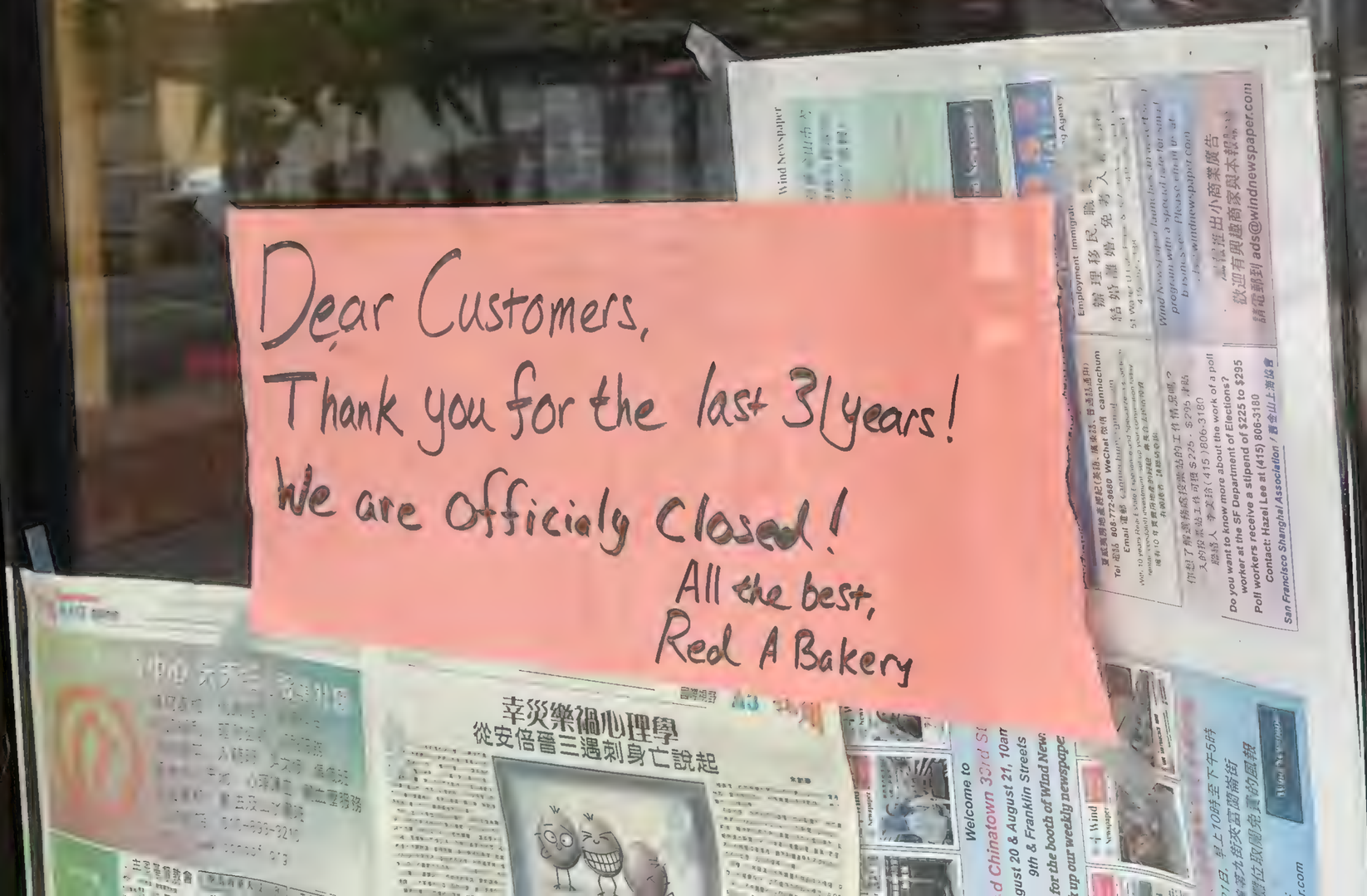
Hawaiian Style B.B.Q.

634

Dear Customers,
Thank you for the last 31 years!
We are officially closed!
All the best,
Red A Bakery

634

Dear Customers,
Thank you for the last 31 years!
We are officialy Closed!
All the best,
Red A Bakery



"HARMONY"
FOR THE
INNER RICHMOND
MURAL BY
Todd Kurmat
@INKLETTERMAN


CLEMENT


540
Golden Phoenix
BOOKS
Hiking Along
The Great Wall
ONCE IN A LIFETIME EXPERIENCES
Starting From $699 With Air & Tax
AT&T
USE 1000000291 COVER HOOK ONLY


FIG. 3
1200 ccm
ICE
15
13.R.
1.
HEIDELBERG NEANDERTALER
1200 ccm
FIG. 3

D BOOKS

I HAVE READ
TOO MANY BOOKS
TO BELIEVE
WHAT I AM TOLD

☆ SUHAIR ☆
HAMMAD

BLAC
LIVES
MATTE

WE MADE THE LISTI
85

Kids' books
this way
that way
middle grade fiction
teen fiction
arts-n-crafts
activity books
cookbooks
graphic novels
staff faves
board books
non-fiction
new releases
STAFF FAVORITES
STAFF FAV
Eyes that Speak to the Stars
Eyes that Kiss in the Corners
Nina
There's a Ghost in this House
ABUELITA AND me
I Eat Poop.
Does a Bulldozer Have a Butt?
PAPER SON
WELLINGTON'S BIG DAY OUT
BEAR AND THE WHISPER OF THE WIND
STEVE SMALL
I AM A BABY
DEAR WILD CHILD
RICK THE ROCK OF ROOM 214
Brown is Warm, Black is Bright
PUPPY BUS
I CAN EXPLAIN
Kapaemahu
THE QUEEN IN THE CAVE
PIP and ZIP
NOODLE
All Are Neighbors
MINA
MATTHEW FORSYTHE
CREEPY CRAYON!
The More You Give
NEW RELEASES
Everything in its Place
A Garden of Creatures
BERRY Song
CALDECOTT MEDALIST
Michaela Goade
WARRIOR PRINCESS
Story of Khutulun
SALLY DENG
patchwork
MATT DE LA PEÑA
CORINNA LUYKEN
New

SCHOOL

WANTED

Environmentally Conscious Party Animals

Clement Street Happy Hour Cleanup

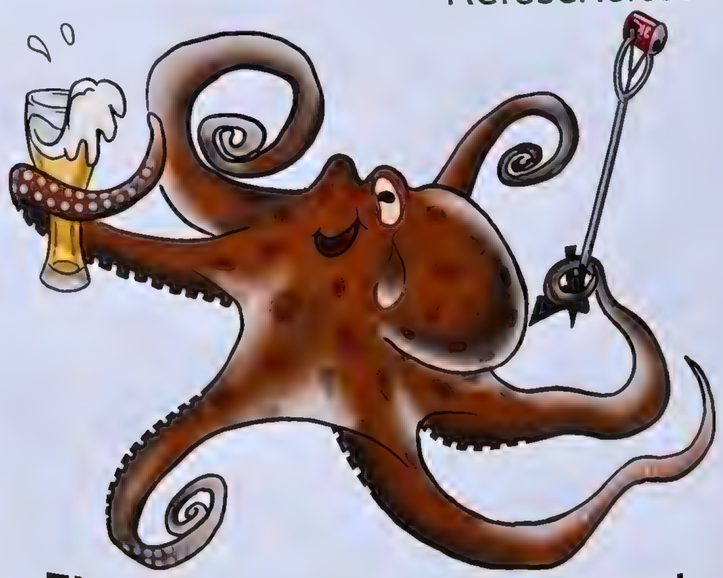
Friday, September 2
3:30 PM - 5:00 PM

Meet at Richmond Republic Draught House (642 Clement)

For more info and to sign up, scan the QR code or visit refuserefusesf.org/events

REFUSE REFUSE

RefuseRefuseSF.org



First round on the house!

NEW HOURS!
9:30 AM to 5:00 PM
CAUTION
WET FLOOR
PULL
Chilean Seabass Collar
We're on Tripadvisor
LIVE CRAB FISH



佛
具
城

STAY SAFE

While you're home, read a book,
listen to music, or play a game
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Archive.org